# MARLEY SPOON



# **Wok-Fried Sesame Tofu**

with Korean Noodles and Ginger



Healthy...fast....AND it uses noodles. What more could you want from a recipe? These aren't just any old noodle either, they're Korean glass noodles, made using sweet potato starch and completely gluten free. Bouncy and a little chewy, they're a great foil for the classic Asian flavours here; soy sauce, ginger, sesame, tofu and black Chinese vinegar.

## What we send

- 300g green beans
- ginger
- 2 bird's eye chillies
- 2 bunches pak choy, 2 spring onions
- + 2 x 297g silken firm tofu  $^{\rm 6}$
- 2 x 100g sweet potato noodles
- 2 tbs Chinese black vinegar
- 2 tbs sesame oil <sup>11</sup>
- 10g sesame seed blend <sup>11</sup>

# What you'll require

- soy sauce <sup>6</sup>
- honey

# Utensils

- large saucepan with lid
- fine grater
- slotted spoon
- paper towel
- sieve
- large deep frypan

Our vegies come fresh from the farm, so please wash them before use.

### Cooking tip

Omit chilli from the sauce and serve at the table if you have heat-adverse diners. ~Silken tofu is delicate so mix gently to retain larger chunks and prevent it from breaking down completely.

### Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

#### Nutrition per serving

Energy 505kcal, Fat 20.4g, Carbs 52.8g, Proteins 22.3g



1. Prepare vegetables

**Read through the recipe**. Bring a large saucepan of water to the boil for the beans and noodles. Trim the **beans**. Peel and finely grate the **ginger**. Thinly slice the **chillies**, discarding the seeds if less heat is preferred. Trim and coarsely chop the **pak choy**. Trim and thinly slice the **spring onions**.



2. Cook beans

Cook the **beans** in the pan of boiling water for 2 mins. Using a slotted spoon, transfer the beans onto paper towel to drain. Reserve the pan of boiling water for the noodles. Meanwhile, carefully remove the **tofu**, according to the packet instructions, and drain on paper towel.



3. Cook noodles

Cook the **noodles** in the pan of boiling water for 6 mins or until just tender. Drain.



5. Blister beans

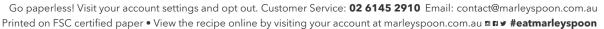
Heat the **remaining sesame oil** in a large deep frypan over high heat. Add the **beans** and cook, turning occasionally, for 2 mins or until starting to blister.



6. Get ready to serve

Add the **pak choy**, **tofu** and **sauce** to the beans. Cook, breaking the tofu up slightly with a wooden spoon, for 2 mins or until tofu is hot (see cooking tip). Add the **noodles** and gently stir until well combined and the noodles are heated through. Scatter over the **sesame seeds** and **spring onion** to serve.







4. Make sauce

Meanwhile, combine the **ginger**, **chilli** (see cooking tip), **1½ tbs black vinegar** (the remaining vinegar won't be used in this recipe), **1 tbs sesame oil**, **2 tbs soy sauce** and **1 tbs honey** in a bowl.